

Missouri WIC Approved Food List (Revised)

May 1, 2008 – September 30, 2008

<p><u>Infant Formula:</u> Brand printed on WIC check. Type and size printed on WIC check.</p> <p><u>Infant Juice:</u> (32 oz. bottle) 100 % juice. Gerber Beech-Nut Nature's Goodness</p> <p><u>Infant Cereal:</u> (8 or 16 oz.) Plain dry. Gerber Beech-Nut Nature's Goodness</p>	<p><u>Milk:</u> Any brand, gallon plastic containers only. Reduced/low fat milk (skim, ½%, 1%, 2%) Whole milk (If written on WIC check)</p> <p><u>Cultured Buttermilk:</u> Quart size</p> <p><u>Evaporated Milk:</u> Store Brand Only, 12 or 13 oz. can.</p> <p><u>Non-fat, Dry Milk:</u> Store Brand Only, 3 or 8-quart box.</p> <p><u>Specialty Milk:</u> Type and size will be written on the WIC check. Refer to WIC Pictorial Food List for milks not allowed.</p>	<p><u>Peanut Butter:</u> (18 oz. jar) Allowed: Smooth, creamy or regular. Store Brand Only. Not Allowed: Crunchy, low fat, low salt, organic, mixtures with jam, jellies or honey.</p> <p><u>Dried Beans and Peas:</u> (1 lb bag) Allowed: Mixed dried beans and peas. Store Brand Only. Not Allowed: Organic products, additives or flavors.</p> <p><u>Eggs:</u> (1 dozen package) Allowed: Medium, White, Grade A or AA. Not Allowed: Low cholesterol eggs, organic eggs, brown eggs or specialty eggs.</p>	<p><u>Cheese:</u> (Block cheese in 8 & 16 ounce sizes only). No sliced cheese (except for store brand American).</p> <p>Allowed: Natural, domestic, plain cheese. Store Brand Only. American, Cheddar, Colby, Colby-Jack, Monterey Jack and Mozzarella cheeses.</p> <p>Not Allowed: Cheese additives, deli cheese, cheese food, cheese spread, cheese product, shredded cheese, string cheese, cholesterol-reduced cheese or individually wrapped slices.</p>	<p>For Women Exclusively Breastfeeding</p> <p><u>Carrots:</u> (1 or 2 lb package) Allowed: Fresh, including baby or frozen, any cut, any brand. Not Allowed: Organic carrots.</p> <p><u>Tuna:</u> (6 oz. can) Allowed: Water packed only, chunk, solid or grated, any brand. Not Allowed: Albacore or white tuna, reduced or low salt tuna.</p>
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HOT CEREALS *12 packets per box		COLD CEREALS (Mix & match up to 36 oz. Cold cereals 12 oz. to 36 oz. sizes in box of approved STORE BRANDS ONLY.)					
<p><u>BEST CHOICE</u> Instant Oatmeal* Creamy Wheat</p> <p><u>FLAVORITE</u> Instant Grits-Regular Flavor* Instant Oatmeal*</p> <p><u>HY-VEE</u> Creamy Wheat Instant Oatmeal*</p> <p><u>IGA</u> Instant Oatmeal*</p> <p><u>MALT-O-MEAL</u> Original Hot Wheat Cereal</p>	<p><u>NABISCO</u> Cream of Wheat (1, 2½, 10 min.)</p> <p><u>QUAKER OATS</u> Instant Grits-Regular Flavor*</p> <p><u>RALSTON FOODS</u> Instant Oatmeal*</p> <p><u>SCHNUCKS</u> Instant Oatmeal*</p> <p><u>SHOP-N-SAVE</u> Instant Oatmeal*</p> <p><u>SHURFINE</u> Instant Oatmeal*</p>	<p><u>BEST CHOICE</u> Bran Flakes Corn Crisps Corn Flakes Crisp Rice Crispy Corn & Rice Happy O's Rice Crisps Wheat Crisps Wheat Flakes Whole Grain 100</p> <p><u>DIERBERGS</u> Corn Flakes Crispy Rice Toasted Oats</p>	<p><u>FLAVORITE</u> Bran Flakes Corn Biscuits Corn Flakes Crispy Hexagons Crispy Rice Rice Biscuits Toasted Oats</p> <p><u>GREAT VALUE</u> Enriched Bran Flakes Corn Flakes Crisp Rice Multi-Grain Flakes Nature's Grains Toasted Corn Toasted Oat Toasted Rice Toasted Wheat</p>	<p><u>HOSPITALITY</u> 40% Bran Flakes Corn Flakes Corn Puffs Toasted Oat</p> <p><u>HY-TOP</u> Bran Flakes Corn Flakes Multigrain Flakes Toasted Oats</p> <p><u>HY-VEE</u> Bran Flakes Corn Flakes Crispy Hexagons Crispy Rice Tastees Toasted Corn Toasted Rice Whole Grain 100</p>	<p><u>IGA</u> 40% Bran Flakes Enriched Bran Flakes Corn Flakes Crispy Corn & Rice Crispy Rice Square Shaped Corn Square Shaped Rice Toasted Oats</p> <p><u>KROGER</u> Corn Bitz Corn Flakes Rice Bitz</p> <p><u>PRICE SAVER</u> 40% Bran Flakes Corn Flakes Toasted Oats</p>	<p><u>RALSTON FOODS</u> Corn Biscuits Corn Flakes Crispy Rice Wheat Bran Flakes Rice Biscuits Tastees</p> <p><u>SCHNUCKS</u> Bran Flakes Corn Flakes Crispy Hexagons Crispy Rice Square Shaped Crispy Corn Square Shaped Crispy Rice Toasted Oats</p>	<p><u>SHOP-N-SAVE</u> Bran Flakes Corn Biscuits Corn Flakes Crispy Rice Rice Biscuits Toasted Oats</p> <p><u>SHURFINE</u> Bran Flakes Corn Flakes Crispy Rice Crunchy Corn Crunchy Corn & Rice Crunchy Rice Toasted Oats</p> <p><u>VALU TIME</u> Bran Flakes Corn Flakes Crisp Rice Toasted Oats</p>
Regular Varieties, No Flavors							

Store brands: Can be the store's own name brand or a brand name carried by the store that was created by the wholesale supplier.

Frozen Concentrate Juices 11.5 oz. – 12 oz.			Ready To Serve Juices 46 oz. Cans	
<u>ALWAYS SAVE</u> Apple Orange	<u>HY-TOP</u> Orange	<u>OLD ORCHARD (cont.)</u> Apple Passion Mango Apple Raspberry Apple Strawberry Banana Cranberry Cranberry Raspberry Grape Orange Pineapple Pineapple Orange Pineapple Orange Banana Punch White Grape	<u>ALWAYS SAVE</u> Orange Pink Grapefruit Tomato Vegetable	<u>HY-VEE</u> Pineapple Tomato Vegetable
<u>BEST CHOICE</u> Grapefruit Orange Orange Country Style Orange with Calcium Orange without Pulp	<u>HY-VEE</u> Apple Grapefruit Orange Orange with Calcium			<u>IGA</u> Pineapple Tomato Vegetable
<u>DIERBERGS</u> Orange Orange with Calcium	<u>IGA</u> Apple Orange Orange Country Style	<u>SENECA</u> Apple Grape	<u>BEST CHOICE</u> Apple Grape Grapefruit Orange Pineapple Pink Grapefruit Tomato	<u>KROGER</u> Apple Grapefruit Orange Pineapple Pink Grapefruit Vegetable
<u>FLAVORITE</u> Apple Grapefruit Orange Orange Country Blend Orange-Pulp Free	<u>KROGER</u> Apple Grapefruit Orange Orange with Calcium Orange with Pulp Orange without Pulp	<u>SHOP-N-SAVE</u> Apple Orange	<u>DIERBERGS</u> Tomato	<u>SCHNUCKS</u> Grapefruit Orange Pineapple Pink Grapefruit Tomato Vegetable
<u>FLAV-R-PAC</u> Apple Grapefruit Orange Orange Calcium Rich Orange Country Style	<u>LANGERS</u> Apple Orange Juice Plus Autumn Blend Spring Blend Summer Blend Winter Blend	<u>SHURFINE</u> Apple Orange	<u>FLAVORITE</u> Orange Pineapple Tomato Vegetable White Grapefruit	
<u>GREAT VALUE</u> Apple Grape Grapefruit Orange Orange Country Style Orange with Calcium	<u>MIDWEST COUNTRY FARE</u> Orange	<u>TREETOP</u> Apple	<u>GREAT VALUE</u> Apple Pineapple Pink Grapefruit Tomato Vegetable Cocktail White Grapefruit	<u>SHOP-N-SAVE</u> Orange Pineapple Tomato
	<u>OLD ORCHARD</u> Apple Apple Cherry Apple Cranberry Apple Kiwi Strawberry	<u>VALU TIME</u> Orange Orange with Calcium Orange without Pulp	<u>HY-TOP</u> Grapefruit Orange Pink Grapefruit	<u>SHURFINE</u> Orange Pineapple Tomato Vegetable White Grapefruit